第 24 講　長文実践演習⑦

ポイント

① 具体の発見
② 因果の発見
③ 譲歩の発見

次の文章を読んで，下の問いの（　　）に入れるのに最も適当なものを，それぞれ下の①～④のうちから一つずつ選びなさい。

(1) A high school student has a science test on Monday but spends most of the weekend playing video games and does not start studying until late Sunday night. This kind of avoiding or delaying of work that needs to be done is called procrastination. It has been estimated that up to 95% of people procrastinate at least sometimes, and about 20% of them do it too much. Traditionally, people who procrastinate have been considered lazy, but research tells us that this is not true. Learning about the roots of procrastination can help us understand why most people do it to some extent and also help us decrease our own procrastination. Although researchers do not agree on all the reasons behind procrastination, there is general agreement about some factors that can explain it.

(2) The first factor is how pleasant or unpleasant people find a task. Research shows that people will put off tasks they find unpleasant. Many high school students may delay cleaning their rooms or doing their homework. However, many might not delay doing such tasks as responding to a friend’s email. It is important to remember that whether or not a task is pleasant depends on the individual. For example, someone who loves bicycles might not delay fixing a punctured tire while someone who does not may put it off.

NOTE

(3) In addition to how people feel about the job at hand, the amount of confidence they have in their ability to do a task is also related to procrastination. For instance, those who have low expectations of success are more likely to postpone starting a particular job. Conversely, those who believe that they can perform well are more likely to take on challenging tasks rather than avoid them. It should be noted, though, that some counselors argue that too much confidence can also lead to procrastination: some people overestimate how easily they can do a particular task and start too late.

(4) Another factor is whether or not people can exercise self-control. Those who have less self-control can easily be drawn away from their work. Accepting an invitation to sing karaoke on a night when you planned to start working on a presentation could be one example. Self-control, or the ability to resist temptation and stick to a plan, is something many of us struggle with. Interestingly, age is said to be associated with self-control. Research shows that the older people become, the less likely they are to delay doing their work until the last minute.

NOTE

(5) Lastly, there is a link between procrastination and how long people must wait before they see the reward for an effort. For instance, studying hard in school might not give high school students any immediate rewards; what they learn might not seem useful to the present. However, studying can provide them with rewards in the future like the knowledge or skills necessary to pursue their dreams. Sometimes, it is hard to see the benefit of making an effort when the reward is too far away. This can explain why many people do not start saving money for their old age when they are young.

(6) What are the roots of your procrastination? Because the behaviors described here seem common to most people, you do not need to completely change your habits if you only procrastinate once in a while. On the other hand, if you feel that your procrastination is a problem, the first step to reducing it is identifying the reasons behind it. Self-help books and websites give numerous techniques for overcoming procrastination, but it is only by understanding the roots of the problem that you can choose the appropriate method for yourself.

(12 センター　本)

NOTE

問 1　According to paragraph（2），(　　).

① people do not forget unpleasant tasks

② people who love bicycles learn to fix tires fast

③ people will find different tasks pleasing

④ people will put off tasks to write emails

問 2　Paragraph（3）implies that (　　).

① people with low confidence in their ability will start a job earlier

② people with reasonable confidence in their ability procrastinate less

③ people’s confidence to do a task is not associated with procrastination

④ some counselors overestimate the confidence of their clients

問 3　According to paragraph（4），(　　).

① older people tend to demonstrate more self-control

② people usually exercise self-control without struggle

③ self-control is the eagerness to accept invitations

④ younger people are willing to resist temptations

問 4　Paragraph（5）argues that many people start saving for old age late because（　　）.

① old age seems too distant in time

② the length of time to old age varies

③ there are other things to worry about

④ there will be little benefit

問 5　The author’s main argument is that（　　）.

① many people agree about the four explanations of procrastination

② people who procrastinate are no longer thought of as lazy

③ procrastination has become problematic in our society

④ we can manage our procrastination by understanding its sources

問 6　次の表は，本文の内容と段落を表すものである。（　）に入れるのに最も適当なものを，下の①～④のうちから一つずつ選び，表を完成させなさい。

Paragraph	Content
(1)	(　　)
(2)	(　　)
(3)	The belief in your abilities
(4)	The ability to keep to a task
(5)	(　　)
(6)	(　　)

① The appeal of a task

② The phenomenon of procrastination

③ The timing of realizing future gains

④ The way to deal with procrastination

復習テスト　第二十四回

次の見出し語に相当する表現を選びなさい。

1. 怠惰な
① lazy　② legal　③ lawful　④ lucrative

2. 自信
① co-existence　② collaboration
③ communication　④ confidence

3. 引き受ける
① take away　② take on
③ take in　④ take over

4. 過大評価する
① overdue　② overcome
③ overload　④ overestimate

5. 行使する
① experiment　② endanger　③ endear　④ exercise

6. 誘惑
① telescope　② temptation　③ terminology　④ temperature

7. 対抗する
① relieve　② resist
③ rely　④ return

8. 固執する
① soar up　② smell for　③ send for　④ stick to

9. 苦労する
① struggle　② swing　③ quote　④ semblance

第 24 講　　解答

< 解答・全訳 >

問 1　③　　問 2　②　　問 3　①　　問 4　①

問 5　④　　問 6　（1）②，（2）①，（5）③，（6）④

（1）ある高校生が月曜日に理科のテストがあるが，週末のほとんどをビデオゲームをするのに費やして，勉強を始めるのは日曜日の夜遅くになってからだ。この種のやる必要のある仕事を避けたり遅らせたりすることは，先送りと呼ばれる。95%までの人が，少なくとも時々は先送りにしてしまい，彼らのうち，およそ 20% は，あまりに多く先送りにしてしまうと推定されている。慣習的に，先送りにする人は，怠けていると見なされてきたが，研究によって，このことが事実ではないことがわかっている。先送りの根源を学ぶことで，なぜほとんどの人がある程度はそうしてしまうのかを理解するのに役立ち，また自分自身が先送りにしてしまうのを減らすことにも役立つ。研究者は，先送りする背後にある全ての理由について一致しているわけではないが，それを説明できるいくつかの要因について，全般的な一致がある。

（2）まず初めの要因は，人々が，ある仕事をどれほど楽しく，あるいは不快に思うかである。研究でわかってることは，人々は不快に思う仕事を延期してしまうということである。多くの高校生が部屋の掃除をしたり，宿題をしたりすることを遅らせることがある。しかしながら，多くの高校生が，友人のメールに返信するようなことを，遅らせることはないだろう。ある仕事が楽しいかどうかはその人にかかっているというのを覚えておくことは重要なことだ。たとえば，自転車が大好きな人は，パンクしたタイヤを修理するのを遅らせたりはしないだろうが，一方で自転車好きでない人は，それを延期する可能性がある。

（3）手元にある仕事についてどう感じるかに加えて，その仕事をする能力に対して持っている自信の量が，同様に先送りに関係している。たとえば，成功をあまり期待できない人々は，ある特定の仕事を始めるのを延期する可能性がより高くなる。逆に，自分はうまくやれると信じている人々は，難関な仕事を避けるというよりむしろ引き受ける可能性が高い。もっとも，一部のカウンセラーは，過度な自信も，先送りにつながることがあると主張していることは，注目に値する。一部の人は，ある仕事を自分がどれほど簡単にやれるかを過大評価して，始めるのがあまりに遅

くなってしまう。

(4) もう一つの要因は，自制心を行使できるかどうかだ。自制心の少ない人々は，簡単に仕事から気が逸れてしまう。プレゼンの準備に取り掛かろうと決めていた夜に，カラオケに行く誘いを受け入れてしまうのが，一例である。自制心，すなわち誘惑に抗って，計画通り行える能力は，私たちの多くが苦労するものである。面白いことに，年齢が，自制心と関連していると言われている。研究によると，人は年を取れば取るほど，最後の瞬間までやるべきことを遅らせる可能性が低くなることがわかっている。

(5) 最後に，先送りと，努力の見返りを目にする前に，どのくらい待たなければいけないかということにも関連がある。たとえば, 学校で一生懸命勉強しても, 高校生は, すぐにその見返りを手にしないかもしれない。彼らが学ぶことは，今は役立つようには思えないかもしれない。しかしながら，勉強することで夢を追求するのに必要な知識や技能といった将来の見返りを手にする可能性がある。時々，見返りがあまりにも遠く離れたところにあると，努力をする恩恵を理解するのが難しくなる。このことで，なぜ多くの人々が，若いときに老後に備えて貯蓄を始めないかの説明がつく。

(6) あなたの先送りの根源は何だろうか。ここで説明した行動は，ほとんどの人によくあることのように思えるので，時々先送りしてしまうだけなら，習慣を完全に変えなくてもいい。一方で，あなたが先送りしてしまうのが問題だと感じているなら，それを減らす最初の一歩は，その背後にある理由を突き止めることだ。自己啓発本やウェブサイトによって，先送りを克服する数多くの技術がわかるが，問題の根源を理解することによって初めて，自分で適切な方法を選ぶことができる。

第 24 講　重要語彙リスト

1	spend O 〜 ing	O を〜するのに費やす	23	exercise	行使する
2	not A until B	B して初めて A する	24	self-control	自制心
3	avoid	避ける	25	invitation	招待状
4	estimate	推測する	26	resist	抵抗する
5	up to	〜まで	27	temptation	誘惑
6	procrastinate	先送りする	28	stick to	〜をやり通す
7	traditionally	慣習的に	29	struggle	苦労する
8	root	根源	30	be associated with	〜と関連している
9	to some extent	ある程度	31	reward	報い
10	agreement	一致	32	effort	努力
11	put off	延期する	33	immediate	すぐの
12	task	仕事	34	provide A with B	A に B を与える
13	respond to	〜に回答する	35	pursue	追求する
14	fix	修理する	36	benefit	利益
15	in addition to	〜に加えて	37	far away	遠く離れた
16	confidence	自信	38	describe	説明する
17	be related to	〜に関係している	39	once in a while	時々
18	be likely to do	〜しそうである	40	identify	確認する
19	conversely	逆に	41	self-help	自助の
20	take on	引き受ける	42	numerous	無数の
21	B rather than A	A というよりむしろ B	43	overcome	克服する
22	overestimate	過大評価する	44	appropriate	適切な

第24講　音読用白文　①　②　③　④　⑤　⑥　⑦　⑧　⑨　⑩

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復習テスト　解答

第二十四回

1. ①	2. ④	3. ②	4. ④
5. ④	6. ②	7. ②	8. ④
9. ①			